



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Horn, Julia

Club: Duisburg

Number: 391

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:39:29

Speed: 8.28 km/h

Running performance: 7:01 min/km

Rank in course/Total: 213 (of 244)

Rank in course/Women: 53 (of 65)

Best time in course: 1:42:53

Rank in category: 10(of 11)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	21:05	6:29	9	4:55	53	7:13	3.25	21:05	6:29	9	4:55	53	7:13
Lap 2	3.25	21:26	6:35	9	4:43	53	6:47	6.50	42:31	6:32	9	9:38	54	14:00
Lap 3	3.25	22:04	6:47	9	5:14	52	7:21	9.75	1:04:35	6:37	9	14:52	53	21:18
Lap 4	3.25	23:02	7:05	10	6:02	54	8:09	13.00	1:27:37	6:44	9	20:54	52	29:27
Lap 5	3.25	23:15	7:09	9	6:03	52	8:11	16.25	1:50:52	6:49	10	26:57	53	37:38
Lap 6	3.25	24:16	7:28	9	6:51	55	9:08	19.50	2:15:08	6:55	9	33:48	53	46:46
Last lap Finish	3.25	24:21	7:29	9	7:20	53	9:50	22.75	2:39:29	7:00	10	41:08	53	56:36